

Milford Recreation presents...

# **Yogyam**

# **Yoga Classes**

**with Kathy MacKinnon**



## **At Emerson Park!**

**Tuesdays 6-7pm and/or Thursdays 9-10am**

**\$55 Session • Session 6/21-7/27**

**\$10 Drop-in Fee**

YOGYAM means “state of perfect well-being.” YOGYAM Yoga practice is a holistic & therapeutic approach for keeping both the mental and physical body healthy. Regardless of age or mobility, anyone can practice YOGYAM Yoga’s gentle Tula (balance) flow. This class is ideal for beginners and aims to strengthen bones & muscles; improve balance and create equilibrium throughout the body. **Class will be moved indoors to the Milford Town Hall Auditorium on rain days. Bringing your own mat is highly recommended!**

**Register at [www.milfordrec.com](http://www.milfordrec.com) today!**